



Nallamuthu Gounder Mahalingam College

(An Autonomous Institution, Affiliated to Bharathiar University)
90, Palghat Road, Pollachi - 642001, Coimbatore, Tamil Nadu, India.
95th Rank in NIRF – 2023 among Colleges in India.



MAINTENANCE OF PLAY GROUND AND SPORTS ROOM

Maintaining a sports room involves a number of tasks to ensure that the space remains clean, organized, and safe for use.

Clean and disinfect regularly: Regular cleaning is essential to keep your sports room free from dirt, dust, and germs. Sweep or vacuum the floors, wipe down equipment, and disinfect high-touch surfaces such as doorknobs, light switches, and fitness equipment.

Organize equipment: Keep all equipment in its designated place and ensure that it is easily accessible. This will prevent clutter and make it easier to find what you need when you need it.

Check equipment regularly: Regularly inspect your equipment for signs of wear and tear, and replace any damaged or broken items promptly. This will help prevent accidents and injuries.

Maintain proper ventilation: Good ventilation is essential in a sports room to prevent the buildup of moisture and odors. Keep windows open when possible, or use fans or an air purifier to improve air quality.

Keep the room dry: Moisture can lead to the growth of mold and mildew, which can be harmful to your health. Use a dehumidifier if necessary to keep the room dry.

Encourage proper use of equipment: Make sure everyone using the sports room knows how to use the equipment properly to prevent damage and injuries.

Markers -Regularly inspect and clean playground to ensure durability and visibility, creating a safe environment for students. Promptly address damages and fading through repairs and touch-ups to maintain an enjoyable play area.

By following these tips, sports room in top shape and enjoy workouts safely and comfortably.

Criteria: 4.4.2



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